

CHOMP Family Fun

*School-to-Home Nutrition & Health Activities
For Children and Parents*



Washington State Department of

Early Learning

Acknowledgements

*A project of this scope takes the dedication of
many, many people that willingly give of their time and energy.
Thank you for all you do!*

Parent Focus Group

Families throughout Washington State.

Professional Advisory Group

Staff from ECEAP sites around Washington State.

State of Washington

Department of Early Learning Staff
Department of Health Staff

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For more information, call: 1-877-501-2233 or on-line at: <http://foodhelp.wa.gov/>

Estos materiales fueron preparados con fondos federales de USDA Basic Food Program y del Department of Early Learning del estado de Washington. De USDA Basic Food Program y del estado de Washington puede ayudar a las familias que califican a recibir educación y asistencia para la nutrición.

Para más información, llame al: 1-877-501-2233 o en línea a: <http://foodhelp.wa.gov/>

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Key Messages



5-A-Day



Daily Physical
Activity

CHOMP Philosophy

CHOMP encourages children and adults to explore healthy eating and physical activity during their time together at home. Children and adults have fun as they learn about colorful fruits and vegetables, making healthy food choices, and finding ways of getting fun, physical activity.

CHOMP provides concrete, hands-on activities that combine nutrition messaging with simple learning activities, such as:

- socio-emotional skills,
- physical health,
- math skills,
- memory recall,
- early literacy skills.

With topics as personal as how and what we eat or how we get physical activity, it is especially important to accept families where they are right now. CHOMP can help families continue to identify their healthy habits and explore ways to build on them. Behavioral change takes time and energy, so be patient.

Take the time to introduce these activities in a newsletter, at a parent meeting, or as you meet-and-greet or say farewell to families in the classroom. Let them know that these activities are for a child and adult to try together. Tell them you're interested in hearing back from them how the activity went – what they liked and didn't like.

When you introduce the activity kits to families, keep in mind the two Key Messages of eating five or more fruits and vegetables each day, and getting daily physical activity. Focus on short bits of family-friendly information, such as:

- 1) Offering snippets of nutrition information to families to think about.
- 2) Demonstrating an activity kit to parents and caregivers ahead of time at a meeting.
- 3) Inviting parent and caregiver leaders to help assemble the activity kit bags and think of ways to introduce the bags to other families.
- 4) Supporting conversation between parents and caregivers so they can share information about ways they approach nutrition and physical activity in their family with each other.
- 5) Modeling healthy eating and physical activity in the classroom.

CHOMP

Children's School-to-Home Activity Kits

A parent and child at-home project to develop skills in nutrition, health, and school-readiness.

The CHOMP Project

- Focuses on parent and child learning time at home.
- Builds knowledge and skills in nutrition and health, family literacy, and school-readiness.
- Supports parents as their child's first and best teacher.
- Offers staff a ready-made set of activities that can reinforce and enhance families' nutrition and health skills.

Programs Need

- Staff interested in working with parents and caregivers to assemble and distribute the activity kits.
- Parents and caregivers interested in connecting with other parents to strengthen healthy eating and physical activity in their community.
- A meeting place for staff and parents to assemble the activity kits.
- Program support for reaching out to Basic Food eligible families with nutrition education opportunities through BFNEP.

The Result?

- Increased knowledge of nutrition and physical activity for families.
- Child and parent together time while trying out fun activities that promote healthy lifestyles and on-going learning.
- Children build school-readiness skills working with their parent or caregiver.

CHOMP: BACKGROUND

The CHOMP project, funded by the USDA as a part of a larger effort to encourage families to make healthy food choices and choose active lifestyles, provides a way to build positive health practices. The project focuses on families that receive (or are eligible to receive) the Basic Food Program (formerly the Food Stamp Program).

Parents and caregivers of children are their child's first and best teacher. CHOMP School-to-Home Activity Kits offer early education providers a strengths-based way to work with parents and caregivers to encourage and support healthy eating habits and daily physical activity.

This curriculum offers some ready-made tools for to use, focusing on:

1. Eating five or more fruits and vegetables each day.
2. Getting daily moderate physical activity.

The activities are framed in ways that also support children's developing skills in math, literacy, socio-emotional growth, and other school-readiness areas.

The emphasis is on children and parents learning together at home using fun, creative ideas that encourage them to eat healthy and be physically active.

Parents as First Teachers

The CHOMP project supports the notion that parents are their children's first and best teachers. CHOMP offers some fun and lively learning resources for parents and caregivers to use in this important role.

Parents Supporting Parents – Families Learning Together

CHOMP recognizes that families who receive support from others are more likely to make behavior changes or maintain new healthy behaviors. Make sure to include parents and caregivers in the assembling of the activity kits.



CHOMP: Tools for the Task



Where Do the Kits Come From?

Early childhood teachers, family support workers, nutritionists, and parents helped develop the ideas and materials. They also spent a fun-filled day trying out the activities and providing feedback.

The CHOMP kits are available for public use. You can download them at: www.del.wa.gov. You will need adobe reader to download these materials.

What Do the Cards Look Like?

The cards are colorful single page activities which you can download separately, or print from this curriculum. They have English and Spanish language on the same card, and include:

- *A Porridge Story* activity card
- *Apples Away* activity card
- *Daily Doings* activity card
- *Letting Loose* activity card
- *Snazzy Snacks* activity card

Additionally, there are two downloadable booklets, in English and Spanish, called *Curlylocks and the Three Bears* and *Indoor Fun*.

Some early learning programs track parent-child time spent on home-learning activities, so there is a place at the bottom of each activity card for the parent or caregiver to record the time parents and children spent on the activity.

What Else Do the CHOMP Kits Need?

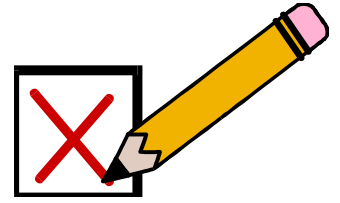
Each activity could include a variety of props to help children and parents with the activity. Suggestions for props are made with each activity template over the next few pages. You may want to assemble a team of parents, caregivers, and staff to gather the props and put the kits together.

What Do You Send the Kits Home In?

We suggest using 1-gallon size or larger plastic bags that zip. Other programs might choose other options, such as brown paper bags that children could decorate ahead of time.

Note: If your children ride the bus to or from preschool, make sure you check the rules for carrying backpacks or materials on the bus first.

Activity Card #1 -- A Porridge Story



What Is This Activity About?

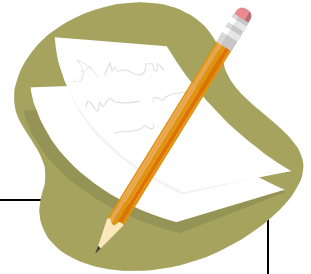
It combines some key nutrition messages about healthy foods, exercise, and choices in a framework of early literacy and socio-emotional growth. Children and parents can read the *Curlylocks and the Three Bears* story together and then practice telling the story by acting it out at home. The child has space to draw a picture relating to her experience with this activity on the card. To download the *Curlylocks and the Three Bears* booklet, go to www.del.wa.gov

What Does the Individual Kit Contain?

- One activity card, titled *A Porridge Story*
- One booklet, titled *Curlylocks and the Three Bears*
- One or more prop items

Choose props based on factors like family preferences or dietary needs, and budget constraints. The list below is meant as general ideas – feel free to do what works best!

- Two oatmeal packets (sugar-free, if possible)
- A snack-size box of raisins
- A packet of honey
- Cinnamon



MY IDEAS

Activity Card #1 Template - A Porridge Story

A snuggly story and tasty treat to share.



Something to Try

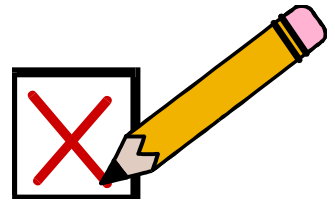
- Mix oatmeal packet with hot water. Add fruit – try banana, raisins, or blueberries. Or some honey or cinnamon.
- Snuggle up together and read *Curlylocks and the Three Bears*. Help your child draw a picture of the story. Or let your child tell you their version of the story, and write it down for them.
- Act out the story! Try different voices for Curlylocks and the Bear Family. Find some props, such as plastic bowls, spoons, kitchen chairs, blankets for beds, a teddy bear or doll.

My Favorite Part of Curlylocks and the Three Bears

My Name Is: _____ Date: _____

Adult Helper: _____ Time Spent: _____

Activity Card #2 -- Apples Away



What Is This Activity About?

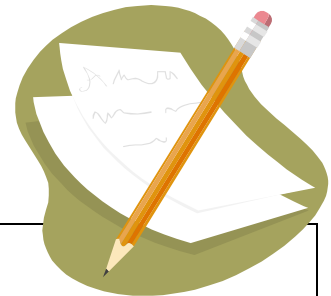
It combines some key nutrition messages about eating fruit in a framework of working together and practicing early numeracy skills such as counting, measuring, and estimating. Children and parents slice, count, compare, and eat an apple together.

What Does the Kit Contain?

- One activity card, titled *Apples Away*
- One or more prop items.

Choose props based on factors like family preferences or dietary needs, and program budget constraints. The list below is meant as general ideas – feel free to do what works best!

- One or more apples
- Plastic cutting board



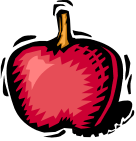

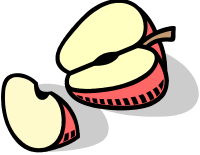



MY IDEAS

Activity Card #2 Template – Apples Away

A nutritious snack and fun math activity all in one.
Children can learn counting, measuring, estimating
and teamwork helping cook.



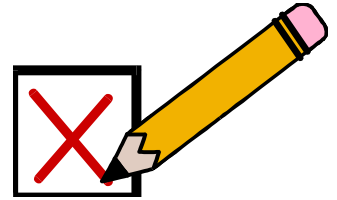
Something to Try

	<p>Help your child wash and dry the apple(s). Ask her how many apples she sees.</p> <p><i>(Expect some giggles and splashing.)</i></p>
	<p>Carefully slice the apple(s) into halves. Ask how many apples she sees now!</p> <p><i>(Answers will vary!)</i></p>
	<p>Finish cutting the apple into many slices. Count the apple slices with your child.</p> <p><i>(Remember! Learning to count takes time and practice!)</i></p>
	<p>Help your child compare apple slices to the number of her fingers. Ask her if she has more apple slices than fingers, or less?</p> <p><i>(She may want to count your fingers, as well!)</i></p>
	<p>Make two stacks of the apple slices. Which apple stack is bigger? Smaller? The same size? Ask your child to eat a slice or two, and compare again.</p> <p><i>(Apple slices make interesting blocks – go ahead and play!)</i></p>
	<p>Eat a slice or two of the apple. Count the slices again. Repeat!</p> <p><i>(Children love to learn with you! Have learning fun with your child every day!)</i></p>

My Name Is: _____ Date: _____

Adult Helper: _____ Time Spent: _____

Activity Card #3 -- Daily Doings



What Is This Activity About?

It combines some key nutrition messages (eating five or more colorful fruits and vegetables each day) in a framework of tracking what is eaten and grouping the fruits and vegetables by color. Children and parents use the chart on the activity card over a week's time to keep an eye on how many fruits and vegetables they eat each day, and if they eat a variety of colors.

What Does the Kit Contain?

- One activity card, titled *Daily Doings*
- One or more prop items

Choose props based on factors like family preferences or dietary needs, and program budget constraints. The list below is meant as general ideas – feel free to do what works best!

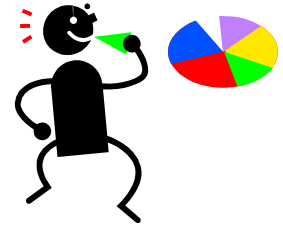
- Stickers
- Markers
- Stampers



MY IDEAS

Activity Card #3 Template -- Daily Doings

Does each family member eat five or more fruits and vegetables each day? Tracking habits and patterns over time can help you see what you eat each day.



Something to Try

Think about all the fruits and vegetables you eat: fresh, frozen, canned. In soups, salads, casseroles, sandwiches, 100% juice, or on their own. What colors did you eat today? Tally up the amounts in the chart below!

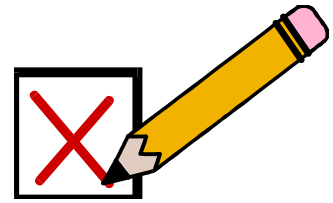
Colorful Fruits and Vegetables We Eat Every Day

	Red	Orange	Yellow	Green	Blue	Purple
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

My Name Is: _____ Date: _____

Adult Helper: _____ Time Spent: _____

Activity Card #4 -- Letting Loose



What Is This Activity About?

It combines some key messages about the importance of daily physical activity – even in rainy or snowy winter weather -- in a framework of matching heart rates to different activities. Children and parents use the chart to record how fast or slow their heart beats as they try different activities such as walking, running, or hopping. To download the *Indoor Fun* booklet, go to: www.del.wa.gov

What Does the Kit Contain?

- One activity card, titled *Letting Loose*
- One booklet about indoor fun physical activity, titled *Indoor Fun*
- One or more prop items.

Choose props based on factors like family preferences or dietary needs, and program budget constraints. The list below is meant as general ideas – feel free to do what works best!

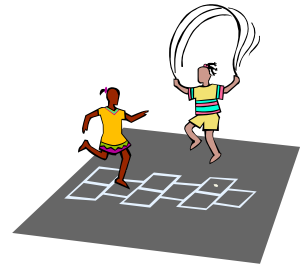
- Masking tape
- Water bottle with water
- Yarn strings



MY IDEAS

Activity Card #4 -- Letting Loose










For rainy indoor days.



Something to Try

- Use masking tape to create a hopscotch pattern on your floor, and a rolled up sock as the marker to toss, hop to, and pick-up.
- Make a path with a long piece of yarn. Children follow the path hopping, crawling, marching, and tip-toeing.
- Blow up a balloon. Keep it from landing on the floor using hands, arms, head, feet, and legs. (**Safety Note: Keep balloons out of reach of infants and toddlers.**)

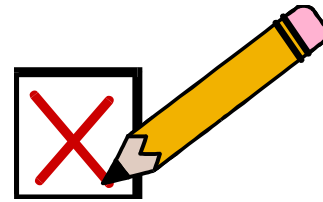
Activity: Try each activity below for 10 minutes. Decide how fast your heart beats after each activity and mark the spot on the line with an X.

Activity	Heart Rate		
	Slow	Medium	Fast
Walking 			
Running 			
Sweeping 			
Hopping 			
Your Choice!			

My Name Is: _____ Date: _____

Adult Helper: _____ Time Spent: _____

Activity Card #5 -- Snazzy Snacks



What Is This Activity About?

It combines some key nutrition messages with daily physical activity focusing on big and little hands making healthy snacks together, and exploring different tastes, textures, and colors. Children and parents can use the snack ideas as a launching pad for other healthy snack ideas. The card contains space for the child and parent to put in a favorite snack idea of their own.

What Does the Kit Contain?

- One activity card, titled *Snazzy Snacks*
- One or more prop items

Choose props based on factors like family preferences or dietary needs, and program budget constraints. The list below is meant as general ideas – feel free to do what works best!

- Granola
- Raisins
- Sesame seeds
- Banana chips



MY IDEAS

Activity Card #5 Template -- Snazzy Snacks

A healthy snack between meals helps kids learn and grow.



Something to Try

1. Try a different snack each day with your child. See the Snazzy Snack Idea Pack!
2. Talk to each other about your favorite snack – the color, the taste, the texture.
3. Ask your child to draw a picture of her favorite snack.

If you are unsure about peanut allergies in your family, do not use peanut butter or other nuts without doctor approval first.

Snazzy Snack Idea Pack

Ants on a Log



You will need:

- 2-3 celery sticks, washed
- Peanut butter or cream cheese
- Raisins or sunflower seeds

Cut the celery sticks into half.
Spread peanut butter or cream cheese on the inside (like filling the inside of a canoe!)
Put raisins or seeds on top of the peanut butter or cream cheese. Enjoy!

Veggies-on-the-Go

You will need:

Sturdy fresh veggies, such as:
Celery sticks
Carrot sticks
Other fresh veggies you like!



Wash and slice the veggies. Put a few sticks of each veggie in plastic containers or Ziploc baggies. Take with you on errands for those nibbly moments when you and the children are ready for a snack!

Gorp'n Along

You will need:



- Dried whole grain cereal or granola
- Raisins
- Banana chips
- Nuts or seeds

Each family member puts a handful of cereal and dried fruit in their bag. Close the bag and shake up. Now you have a tasty treat to go with your water on family walks!

(Note: "Gorp" is a term for trail mix.)

My Favorite Snack

My Name Is: _____ Date: _____

Adult Helper: _____ Time Spent: _____

Some Final Thoughts

CHOMP works best when offered to families as a partnership. Family health happens in many ways – no one way is the only right way. By offering families time to connect with each other and other families, nutrition and health messages offer are more likely to be heard.

Principles of Family Support

Adapted from Family Support America 1998

We all work together in relationships based on equality and respect.

Our work enhances families' capacity to support the growth and development of all family members.

We recognize each individual as a resource to their family members, to other families, to programs, and to communities.

Our work affirms and strengthens cultural, racial, and linguistic identities, and enhances our ability to function in a multicultural society.

Our work is embedded in the community and contributes to the community building process.

We advocate with families for services and systems that are fair, responsive, and accountable to those we serve.

We work with families to mobilize formal and informal resources to support family development.

Our work is flexible and continually responsive to emerging family and community issues.

We model principles of family support in all our work including planning, governance, and administration.





Photo Courtesy of Joyce Kilmer
London 2006